

VJK KB Diksmuide 26: Session: 2: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 15: 50M BACKSTROKE MEN 15-16			Heat:3, starttime: 15:00
Heat: 3/4 Lane : 8 Athlete: BERGMANS MATS			Q-time: 00:30:53
PB (25m pool): 00:30.53 Hasselt 12/10/2025			PB (50m pool): 00:31.79 SB: no time
	2 5 M	5 0 M	
PB		00:30.53	
		00:30.53	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16			Heat:1, starttime: 15:03
Heat: 1/4 Lane : 2 Athlete: BEUNCKENS TESS			Q-time: 00:34:15
PB (25m pool): 00:35.23 Hasselt 04/10/2026			PB (50m pool): 00:36.03 SB: 00:35.23 Hasselt 04/10/2026
	2 5 M	5 0 M	
PB		00:35.23	
		00:35.23	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16			Heat:2, starttime: 15:05
Heat: 2/4 Lane : 1 Athlete: VERLEYSEN NOA			Q-time: 00:33:03
PB (25m pool): 00:33.03 Hasselt 04/05/2025			PB (50m pool): 00:33.75 SB: no time
	2 5 M	5 0 M	
PB		00:33.03	
		00:33.03	
			

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:5, starttime: 15:53	
Heat: 5/6 Lane : 2 Athlete: VANDEPOEL QUINTEN							Q-time: 02:01:25	
PB (25m pool): 02:00.02 3500 Hasselt 18/10/2026				PB (50m pool): 02:04.15 SB: 02:00.02 3500 Hasselt 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.52		00:59.13		01:29.80		02:00.02
	00:28.52		00:30.61		00:30.67		00:30.22	
								

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16							Heat:6, starttime: 15:56	
Heat: 6/6 Lane : 5 Athlete: VANGROOTLOON JEF							Q-time: 01:53:64	
PB (25m pool): 01:53.64 Hasselt 04/10/2026				PB (50m pool): 01:56.00SB: 01:53.64 Hasselt 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:26.40		00:55.36		01:24.50		01:53.64
	00:26.40		00:28.96		00:29.14		00:29.14	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:2, starttime: 16:02	
Heat: 2/4 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE							Q-time: 02:16:54	
PB (25m pool): 02:16.98 Hasselt 04/10/2026				PB (50m pool): 02:16.54SB: 02:16.98 Hasselt 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.36		01:05.31		01:41.05		02:16.98
	00:31.36		00:33.95		00:35.74		00:35.93	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:3, starttime: 16:04	
Heat: 3/4 Lane : 6 Athlete: SARGESJAN NALA							Q-time: 02:12:84	
PB (25m pool): 02:11.77 3500 Hasselt 18/10/2026				PB (50m pool): 02:16.80SB: 02:11.77 3500 Hasselt 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.02		01:04.05		01:38.29		02:11.77
	00:31.02		00:33.03		00:34.24		00:33.48	
								

Coach feedback: